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ABSTRACT

The resource guide begins with a brief checklist of behaviors which adults with learning disabilities may exhibit and goes on to public suggestions for assessing the problem and locating a diagnostician. It then briefly describes 17 books, pamphlets, articles, and newsletters as well as 14 organizations. Seven sources of information on basic/remedial education for adults are then given as are sources of information on postsecondary education and training including college programs, vocational, trade, and technical programs, and financial aid. Several sources of information on employment are also listed. Finally, toll-free telephone numbers of key resources and related publications available from the HEATH (Higher Education and Adult Training for People with Handicaps) Resource Center are listed. (DB)

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HEATH Resource Center

HIGHER EDUCATION AND ADULT TRAINING FOR PEOPLE WITH HANDICAPS

NATIONAL CLEARINGHOUSE ON POSTSECONDARY EDUCATION FOR INDIVIDUALS WITH HANDICAPS

RESOURCES FOR ADULTS WITH LEARNING DISABILITIES

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1989

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A Publication of the HEATH Resource Center
American Council on Education, One Dupont Circle, Suite 800, Washington, DC 20036

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LEARNING DISABILITY—A CHECKLIST

Educational psychologists, psychological diagnosticians, and neurologists are usually consulted to assess the degree of disability and to determine strengths and learning styles for future development. Informed observation, however, may assist friends, parents, counselors, and teachers to suggest and encourage professional assessment. Professionals indicate that a learning disabled person may exhibit several or many of the behaviors listed below.

- Demonstrates marked difficulty in reading, writing, spelling and/or using numerical concepts in contrast with average to superior skills in other areas.
- Has poorly formed handwriting—may print instead of using script; writes with inconsistent slant; has difficulty with certain letters; spaces words unevenly.
- Has trouble listening to a lecture and taking notes at the same time.
- Is easily distracted by background noise or visual stimulation; difficulty in paying attention; may appear to be hurried and anxious in one-to-one meetings.
- Has trouble understanding or following directions; is easily overwhelmed by a multiplicity of directions or over stimulation; may not understand information the first time it is given and may need to have it repeated.
- Confuses similar letters such as b and d, or p and q; confuses the order of letters in words repeating was for saw, teh for the; may misspell the same word several different ways in the same composition.
- Omits or adds words, particularly when reading aloud.
- Confuses similar numbers such as 3 and 8, 6 and 9, or changes the sequence of numbers such as 14 and 41; has difficulty copying numbers accurately and working with numbers in columns.
- Exhibits severe difficulty in sticking to simple schedules; repeatedly forgets things, loses possessions, and generally seems "personally disorganized."
- Appears clumsy or poorly coordinated.
- Seems disorganized in space—confuses up and down, right and left; gets lost in buildings; is disoriented when familiar environment is rearranged.
- Displays excessive anxiety, anger or depression because of the difficulty in coping with school or social situations.
- Misinterprets the subtleties in language, tone of voice, or social situations.

[Checklist adapted from GWU (George Washington University) **Access,** Spring 1983.]

RESOURCES FOR ADULTS WITH LEARNING DISABILITIES

Adults who suspect that they, or a person they care about, have a learning disability need information to move forward in their lives. HEATH staff, in cooperation with knowledgeable adults with learning disabilities and members of our Advisory Board and Resource Panel, have selected several types of resources to assist adults with learning disabilities to identify their strengths and overcome their weaknesses so that they can become productive and can lead satisfying lives.

Resources for Adults with Learning Disabilities begins with a brief *checklist* of behaviors which people with learning disabilities may exhibit and includes a guide to *assessing the problem*, and a variety of *publications, national organizations, education and training opportunities,* and *employment options. Toll-free telephone numbers* of key resources and related *publications available from HEATH* conclude this publication.

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HEATH Resource Center
American Council on Education
One Dupont Circle, Suite 800
Washington, D.C. 20036

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ASSESSING THE PROBLEM

Those concerned about learning disabilities can begin to find assistance by having an assessment of the condition performed by a qualified professional. An *assessment* is a series or combination of tests of academic achievement and intelligence used to evaluate the condition and to recommend possible choices for treatment.

A *diagnosis* identifies what type of specific learning disability the person has by showing strengths and weaknessess in the way a person learns and uses information. Both informal activities and written tasks are used in this process.

Then, *recommendations* can be offered, suggesting ways to overcome some of the effects of the disability. The possibilities may include strengthening skills by working with someone who takes into account the way the individual learns best.

A *qualified professional* is one who has been trained to make assessments. Often the professional has been certified to select, perform, and interpret a variety of neuropsychological, psychological, educational, and vocational assessment instruments.

Until recently, it was not widely recognized that learning disabilities have much influence on the lives of adults, especially if they had not had their condition diagnosed during school years. Therefore, most assessment was designed to help in the special education of children.

It is now clear that adults should be evaluated in a manner related to their age, experience, and career concerns.

Locating a Diagnostician

In addition to the resources listed in this publication, there are agencies in most nearby local areas that can refer inquirers to a diagnostician or professional qualified to do an assessment appropriate for adults.

Check your telephone directory for the following:

- Adult Education in the public school system
- Adult Literacy programs or Literacy Councils
- Association for Children and Adults with Learning Disabilities (ACLD), often listed with the name of the city or county first.
- Community Mental Health Agency
- Counseling or Study Skills Centers at local college
- Department of Special Education at a nearby university
- Guidance Counselors in high school
- Educational Therapists or Learning Specialists in private practice
- Orton Dyslexia Society
- State Vocational Rehabilitation Agency
- University Affiliated Hospitals

Questions to Ask

- What is included in the assessment?
- Will there be a written and an oral report of the assessment?
- Will the report make recommendations about where to go for help right away?
- What is the cost? What does the cost cover?
- What are possibilities and costs for additional consultation?
- Can insurance cover the costs? Are there other funding sources? Can a payment program be worked out?

PUBLICATIONS

Books, Pamphlets, Articles

Adult Basic Education and General Educational Development Programs for Disabled Adults: A Handbook for Literacy Tutors and Instructors, Library for the Blind and Physically Handicapped (1987). Available free from the Free Library of Philadelphia, 919 Walnut Street, Philadelphia, PA 19107.

The Bottom Line: Basic Skills in the Workplace, U.S. Department of Education and Labor (1988). This pamphlet discusses the issues of meeting basic literacy in the workplace, identifying literacy needs, and meeting them within the context of employment. Includes an excellent resource section for additional readings. Available free from the Office of Public Information, Employment and Training Administration, U.S. Department of Labor, 200 Constitution Ave., NW, Room 52307, Washington, DC 20210.

"Can't Read, Write or Add: The Secret Hell of Millions of Americans," Judith Kelman, **Glamour Magazine** (April 1987) is a brief treatment of issues facing the adult with undiagnosed learning disabilities and how being diagnosed can change your life.

Getting Organized: The Easy Way to Put Your Life In Order, by Stephenie Winston, W.W. Norton & Co. (1978) helps to structure household and life activities in ways that can meet individual special needs. Available in local bookstores or libraries.

"Organize for Success," by Jay Brill, **Horizons** (January 1988) discusses organizational strategies for persons who are differently abled. Available free from the HEATH Resource Center, One Dupont Circle, Washington, DC 20036.

Taming the Paper Tiger, by Barbara Hemphill, Dodd, Mead & Company, Inc. (1988), provides much needed structure in paperwork management for both LD and non-LD readers. Available in local bookstores or libraries.

Unlocking Potential: College and Other Choices for Learning Disabled People: A Step by Step Guide, by Barbara Scheiber and Jeannne Talpers, Adler & Adler (1987) is a comprehensive resource for considering, locating, and selecting postsecondary resources. Winner of the 1986 award from the President's Committee on the Employment of the Handicapped, this book teaches and assists readers throughout the entire postsecondary selection process. Available for $12.95 (paperback) from Adler and Adler, 4550 Montgomery Ave., Bethesda, MD 20814.

Newsletters

ACLD Newsbriefs is a bi-monthly newsletter for parents, professionals, and LD adults. Available for $5/yr from Association for Children and Adults with Learning Disabilities (ACLD), 4156 Library Road, Pittsburgh, PA 15234.

Challenge is a newsletter on Attention Deficit Disorder. Available for $15/year from Challenge, Inc., 42 Way of the River, West Newbury, MA 01985.

CTG—Closing the Gap is a bi-monthly newsletter which provides in-depth coverage of computers and disability for basic education. Available for $21/yr from CTG, Box 68, Henderson, MN 56044.

Computer Disability News provides general information about computers and disability in education, the workplace, and independent living. Available for $10/yr from the National Easter Seal Society, 2023 Ogden Ave., Chicago, IL 60612.

The Exchange is a semi-annual forum for the exchange of ideas pertinent to learning disabilities published by The Tutoring Network. The Network is a resource for locating tutors and educational therapists in the greater Boston area. **The Exchange** is available for $20/yr from The Tutoring Network, 30 Pond Park Road, Hingham, MA 02043.

Information from HEATH covers all disabilities (including learning disability) for any type of education or training after high school. Free from the HEATH Resource Center, One Dupont Circle, Washington DC 20036. (On cassette by request.)

Learning (dis)Abilities contains a mixture of national and local (PA) news and resources. Available for $6/yr from Learning Disabilities Consultants, P.O. Box 716, Bryn Mawr, PA 19010.

LD College Helper/The LAUNCHER is a joint publication of Partners in Publishing and LAUNCH, the Texas LD Adult support network. Written for LD adults, parents, and service providers, it is filled with timely information and has moving "First Person" articles. Available for $25/yr from Partners in Publishing, Box 50347, Tulsa, OK 74150.

National Network of LD Adults Newsletter is a quarterly publication focused on LD adults, incorporating news, views, and information resources. Available for $10/yr (single copy free with stamped self-addressed envelope) from NNLDA, 808 N. 82nd Street, Suite F2, Scottsdale, AZ 85257. (602) 941-5112.

UPDATE, from the National Institute of Dyslexia, is a quarterly newsletter primarily for professionals and parents but is of interest to many LD adults as well. Available for $20/yr from National Institute of Dyslexia, 3200 Woodbine Avenue, Chevy Chase, MD 20815. (301) 652-2303.

ORGANIZATIONS

Association for Children and Adults with Learning Disabilities (ACLD)
4156 Library Road
Pittsburgh, PA 15234
(412) 341-1515

ACLD provides information and referral for parents, professionals, and consumers. It is oriented to children and youth, but provides information and referral for LD youth involved with or in search of support groups and networking opportunities through local ACLD Youth and Adult Section Chapters. Publication list available.

Association on Handicapped Student Service Programs in Postsecondary Education (AHSSPPE)
P.O. Box 21192
Columbus, OH 43221

AHSSPPE is a professional organization for educators committed to promoting full participation of individuals with disabilities in college. Although AHSSPPE has nothing to offer directly to learning disabled individuals, it does maintain a series of publications for sale which might be useful to the professionals who teach and/or counsel individuals with learning disabilities.

Center for Special Education Technology Information Exchange
1920 Association Drive
Reston VA 22091
(800) 345-8324)

The Center collects and exchanges information about using technology in the education of handicapped children and youth. Contact Center for menu of recorded information available by toll free telephone call.

Disability Rights Education and Defense Fund, Inc. (DREDF)
2212 6th Street
Berkeley, CA 94710
(415) 644-2555

DREDF is a legal resource center offering education, advocacy, research, policy analysis, and local referrals to callers.

Foundation for Children with Learning Disabilities (FCLD)
99 Park Avenue
New York, NY 10016
(212) 687-7211

FCLD publishes **Their World** and the **FCLD Guide.** FCLD's goal is to increase awareness about learning disabilities. **Their World** tells real life stories about ways children and adults cope with learning disabilities. The **FCLD Guide** gives state-by-state listings of schools, colleges, and diagnostic centers.

HEATH Resource Center
One Dupont Circle, Suite 800
Washington, DC 20036
(202) 939-9320
(800) 544-3284 (Outside Washington, DC metro area)
See back cover for details.

Independent Living Research Utilization Project (ILRU)
P.O. Box 20095
Houston, TX 77225
(713) 797-0200

The ILRU Project is a national resource center for independent living. It produces resource materials, develops and conducts training programs on independent living issues, provides technical assistance and consultation to independent living centers, and publishes a monthly newsletter which addresses matters affecting the independent living field.

Library of Congress
National Library Service for the Blind and Physically Handicapped
1291 Taylor Street, NW
Washington, DC 20542
(202) 287-5100
(800) 424-8567 (Outside Washington, DC metro area)

This program provides current books and magazines on tape, records, and Braille for individuals whose disability prevents the use of print materials.

National Institute of Dyslexia
3200 Woodbine Avenue
Chevy Chase, MD 20815
(301) 652-2303

The National Institute of Dyslexia is a private non-profit organization which seeks to further knowledge of dyslexia/specific learning disabilities and improve services to those with learning disabilities through training, research, and information dissemination.

National Network of Learning Disabled Adults (NNLDA)
808 N. 82nd Street, Suite F2
Scottsdale, AZ 85257
(602) 941-5112

The NNLDA provides information and referral for LD adults involved with or in search of support groups and networking opportunities. The Network publishes a quarterly newsletter and holds an annual general assembly in conjunction with the annual meeting of the President's Committee on Employment of People with Disabilities.

National Council of Independent Living Programs (NCILP)
c/o Marca Bristo, President
Ácccess Living
815 Van Buren, Suite 525
Chicago, IL 60607
(312) 226-5900

NCILP is a professional association for member centers, disseminating information about independent living matters and relevant legislation through its membership network. A list of independent living centers in each state (as of winter 1987) is available from the HEATH Resource Center, One Dupont Circle, Washington, DC 20036.

Orton Dyslexia Society
724 York Road
Towson, MD 21204
(301) 296-0232
(800) 222-3123

The Society is an international scientific and educational association concerned with the widespread problem of the specific language disability of developmental dyslexia. Local and state chapters may serve as literacy resources for dyslexic adults and those who teach or advise them.

Recording For the Blind, Inc. (RFB)
20 Roszel Road
Trenton, NJ 08540
(609) 452-0606

RFB records educational books for persons with visual, physical, or specific learning disabilities who meet RFB eligibility guidelines. Contact RFB for application materials.

U.S. Department of Education
Office of Vocational and Adult Education
Division of Adult Education
Clearinghouse on Adult Education
MES Bldg., Room 4416
400 Maryland Ave., SW
Washington DC 20202-5515
(202) 732-2410

Several publications are available for adult learners with special needs: a fact sheet (#F-9) on adult learners with disabilities, a listing of federally funded projects for adult learners with disabilities; **Directory of Resources for Adults with Disabilities,** William R. Langner, Editor, U.S. Department of Education (1987); and **Bibliography on Adult Education Resource Materials.**

BASIC/REMEDIAL EDUCATION FOR ADULTS

Call the State Department of Education for local ABE/GED information.

Adult Literacy and Technology Project
Institute for the Study of Adult Literacy
203 Rackley Building
University Park, PA 16802
(814) 863-3777

This project studies and promotes high technology learning tools such as computer-aided instruction and interactive videodisc in adult basic education.

Association of Educational Therapists
P.O. Box 946
Woodland Hills, CA 91365
(818) 344-4712

This national association works with youth and adults, blending counseling and special education skills. Request membership directory for contacting local resources.

GED Testing Service
American Council on Education
One Dupont Circle,
Washington, DC 20036
(202) 939-9490

GEDTS administers the GED tests and provides information on adaptations/ accommodations for the GED Exam to prospective examinees and instructors. Successful candidates earn a high school equivalency diploma. In addition to the standard print editions, the tests are available in audio, Braille, and large print editions. **GED Items** is a bi-monthly newsletter for adult education instructors.

Laubach Literacy International
1320 Jamesville Avenue
Syracuse, NY 13210
Represents 750 Literacy Councils in 45 states.

Learning Resources Network
1554 Hayes
Manhattan, KS 66502
(913) 539-5376
This network for educators provides resources to adult education and adult basic education service providers.

Literacy Hotline Contact Center (Lincoln, Nebraska)
(800) 228-8813
A national toll-free hotline that will refer callers to the literacy program in their area.

Literacy Volunteers of America
5795 Widewaters Parkway
Syracuse, NY 13214
There are 300 programs in 35 states.

POSTSECONDARY EDUCATION AND TRAINING

College Programs

There are many one- two- and four-year college programs that serve adults with learning disabilities who have earned a high school degree or GED diploma. Continuing into traditional postsecondary education after high school is one option chosen by many adults with learning disabilities. Others may select a training program which does not lead to a college degree. Adults with diagnosed learning disabilities must seek a postsecondary setting which meets academic interests and is sensitive to individual learning styles. Selecting a college program should include a visit to the campus and a thorough and honest discussion with the Disabled Student Service Administrator there about the specific learning disability. Prepare for this visit and the entire college selection process by reading the HEATH publication **How to Choose a College—Guide for the Student with a Disability** and **Unlocking Potential: College And Other Choices for Learning Disabled People,** (described earlier in this Directory). There are several commercially published guides available which describe colleges which accept students who are learning disabled. Use these with caution, as information contained in them is often outdated or incomplete. Professionals may wish to consult two specialized publications available at local or college libraries. They are **Directory of College Facilities and Services for the Disabled, Second Edition** (1986), available from The Oryx Press, 2214 North Central at Encanto, Phoenix, AZ 85004-1483; and **Community Colleges and Students with Disabilities—A Directory of Services and Programs,** available for $5 plus $2.50 postage and handling from AACJC Publications, 80 South Early Street, Alexandria, VA 22304.

Vocational, Trade, and Technical Programs

Association of Independent Colleges and Schools (AICS)
One Dupont Circle, Suite 350
Washington, DC 20036
(202) 659-2460

AICS is an educational association to which approximately 600 independent, nonprofit, and taxpaying colleges and schools belong. All of these accredited institutions prepare people for careers in business. AICS publishes annually a **Directory of Educational Institutions,** which provides general information about accredited institutions in a variety of business career fields.

Materials Development Center
Stout Vocational Rehabilitation Institute
University of Wisconsin-Stout
Menomonie, WI 54751
(715) 232-1342

The Center develops and disseminates information to professionals about vocational rehabilitation and training of disabled students. Materials include information on vocational evaluation, work adjustment, job placement, and independent living.

National Association of Trade and Technical Schools (NATTS)
2251 Wisconsin Ave, NW
Washington, DC 20007
(202) 333-1021

NATTS publishes **How to Choose a Career . . . And a Career School for the Student with a Disability** which describes the process of choosing a career school, and lists how long it takes to complete any of the over 100 job skills taught at NATTS accredited schools. NATTS also provides prospective students with **Trade and Technical Careers and Training: A Handbook of Accredited Private Trade and Technical Schools,** which lists over 750 schools across the country offering varied programs for students to choose from. Both publications are available on request from NATTS.

National Association of Vocational Education Special Needs Personnel (NAVESNP)
Special Needs Division
American Vocational Association
2020 14th Street
Arlington, VA 22201
(703) 522-6121

NAVESNP is a national association of vocational education professionals concerned with education of handicapped, disadvantaged, and other special needs students.

National Center for Research in Vocational Education
1960 Kenny Road
Columbus, OH 43210
(614) 486-3655
(800) 848-4815 (Ohio only)

The Center provides a wide range of materials for professionals about curriculum development, technical education, career planning, and preparation for employment.

Financial Aid

Several types of financial aid are available for education and training beyond the high school level. The best way to find necessary financial aid is to contact the financial aid office at any school the student is interested in attending. The local public library has the most current editions of the many commercially available guides to student financial aid. Many adults with learning disabilities are eligible for services through their state's Vocational Rehabilitation Program. The state section of the local telephone book lists the state rehabilitation agency, or the library's reference desk can assist in locating the contact information. Aside from the possibility of financial aid from the state Vocational Rehabilitation Service, there is no special financial aid specifically for students with learning

disabilities. Potential college students and their families are urged to explore the regular channels for financial aid as described in the following materials:

The Student Guide: Five Federal Financial Aid Programs
Federal Student Aid Programs
Department DEA-86
Pueblo, CO 81009

This booklet describes the five basic federal programs for undergraduate and graduate students and their families. Available in print or on cassette.

Grants for Graduate Students 1986–1988
Peterson's Guides
166 Bunn Drive
P.O. Box 2123
Princeton, NJ 08540-0008 ($29.95)

This is an annotated listing of grant funds available for graduate students, updated bi-annually, but not focused specifically on learning disabilities or other handicaps.

EMPLOYMENT

President's Committee on the Employment of People with Disabilities has many publications which address aspects of employment for LD adults, including **LD, Not Just a Problem Children Outgrow,** which are free from the President's Committee on the Employment of People with Disabilities, 1111 20th St. NW, Suite 608, Washington, DC 20036.

Local **Vocational Rehabilitation** offices can also be resources for employment opportunities, as are programs funded under **JPTA (Job Training and Partnership Act).** Local school counselors and reference librarians can help find the contact persons.

Employment of the Learning Disabled: An Annotated Bibliography of Resource Materials for Education and Training, Vancouver Association for Children and Adults with Learning Disabilities (1987), has over 150 pages of indexed resources of employment (and training) related resources available in Canada and the United States. Available from Vancouver Association for Children and Adults with Learning Disabilities, P.O. Box 12112, 555 Hastings Street, Vancouver, B.C. V6B 4N6.

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TOLL-FREE NUMBERS

Center for Special Education Technology Information Exchange	(800)-354-8324
ERIC Clearinghouse On Adult Career and Continuing Education	(800)-848-4815
Federal Financial Aid Hot line	(800)-333-4636
HEATH Resource Center	(800)-544-3284
Job Accommodation Network	(800)-526-7234
Orton Dyslexia Society	(800)-222-3123
National Library Services for the Blind and Physically Handicapped	(800)-424-8567

About HEATH

HEATH (Higher Education and Adult Training for people with Handicaps) Resource Center operates the national clearinghouse on postsecondary education for individuals with handicaps as a program of the American Council on Education. Support from the United States Department of Education enables the Center to develop publications and respond to inquiries. Single copies of HEATH publications of interest to adults with learning disabilities are listed below and are free by request to:

HEATH Resource Center
One Dupont Circle, Suite 800
Washington DC 20036
(800) 544-3284
or within the Washington, DC area
(202) 939-9320
(voice/tdd on both numbers)

- **Getting LD Students Ready for College**
- **Learning Disabled Adults in Postsecondary Education**
- **Young Adults with Learning Disabilities and Other Special Needs: Guide for Selecting Postsecondary Transition Programs**
- **How to Choose a College: Guide for the Student with a Disability** (provides college choice decision-making structure)
- **Financial Aid for Students with Disabilities**
- **HEATH Resource Directory** (an annotated listing of over 100 national organizations relevant to education after high school)
- **Vocational Rehabilitation Services—A Student Consumer's Guide**
- **HEATH Computer Memorandum**
- **Software for LD Writers**

James J. Whalen, President, Ithaca College, *Chair*
Robert H. Atwell, American Council on Education, *President*